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ABSTRACT

Presenting some 60 to 70 Native American recipes, this document includes a brief introduction and a suggested reading list (15 citations related to American Indian foods). The introduction identifies five regional Native American cuisines as follows: in the Southwest, peppers and beans were made into chili, soups, guacamole, and barbecue sauces by the Pueblo, Papago, and Hopi tribes; in the Northwest, seafood recipes were the contributions made by the Tlingit, Kwakiutl, Salich, and other tribes; in the Great Plains, roasted buffalo was the contribution made by the Sioux and the Cheyenne; in the South, the Cherokee and other tribes contributed stews, soups, and an assortment of cornbreads; in the Northeast, the clam bake and baked beans were contributions made by the Narranganssetts, Penobscots, and Powhatans. Exemplary recipes found in this document include fry bread (Navajo, Chippewa, and Dakota style), water cress soup, berry soup, fried wild rice casserole, venison and beef jerky, Zuni mutton stew, buffalo steak with wild rice dressing, smoked venison, muskrat, quail, fruit leather, thistle salad, wild teas, Seminole sour bread, Shawnee blue bread, etc. (JC)

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American Indian Recipes

ETHNIC CULTURAL CENTER

Minneapolis Public Schools

Many of the most widely used and important foods known in the United States today are of Native American origin. They are sold in supermarkets, enjoyed every day, and often even prepared as the Native Americans did. Such dishes as barbecue, steamed lobster, succotash, spoon bread, cranberry sauce, and mincemeat pie, are inherited from the first Americans. The rest of the world knew nothing of such foods as avocados, sweet potatoes, turnips, pineapples, tomatoes, peppers, pumpkins or squashes, maple sugar, and, of course corn. Without corn, which most Native Americans regarded as a gift from nature to be treasured and surrounded with ceremony, and which was cooked in numberless ways, the colonization of America might have faltered. The wild rice of the Great Lakes region, which is now considered a gourmet delicacy, was often used, and is still harvested by the Chippewas.

There were many methods of cooking and seasoning their food. Among the methods used were stone boiling (putting hot stones into a basket or pot of water); drying; freezing; and smoking. The various cooking methods affected the pottery and basketry types. Flavoring was accomplished by the use of seeds, roots, flowers, and grasses. The north Pacific tribes used the tender inner bark of hemlock and spruce. In the southwest, mesquite beans, cactus and yucca fruits, and the agave were important.

Five distinct areas provide the Native American foods we use today. In the Southwest, the Pueblo tribes, the Papagos ("Bean People"), and Hopis grew peppers and beans which were made into chili, soups, guacamole and barbecue sauces. Along the Northwest Coast seafood was the staple,

and here women of the Tlingit, Kwakiutl, Salich, and other tribes steamed and broiled salmon and dozens of other fish and seafood from the Pacific and the western rivers. On the vast Plains, nomadic people such as the Sioux and Cheyenne roasted buffalo over campfires. In the South, Cherokees and other tribes had long enjoyed an impressive list of fragrant soups and rich stews, and they baked the sam assortment of corn breads known today. Two American favorites the clam bake and baked beans, were also staple favorites of the Narragansetts, Penobscots and Powhatans, who, like the Iroquois and other timber people of the East, steamed their dinners in earthen pits. Their method, still is in use today, is now called "fireless cooking."

From all these regions, the first Americans cuisine may rightly be considered continental cooking, indigenous, and uniquely North American.

CHIPPEWA FRY BREAD

4 cups flour
3 tbsp. baking powder
2 tsp. salt
1 tbsp. shortening
1 tbsp. nonfat dry milk plus 2 cups warm water or 2 cups warm milk.

Sift dry ingredients together thoroughly. Cut in shortening. Combine dry milk and water and add to flour mix. Knead briefly. Let dough rise 10 minutes. Form into egg size balls, flatten with hands. Poke a hole in center.

Deep fry about 2 minutes on each side until golden brown and crisp. Serve hot plain or with syrup cold.

DAKOTA FRY BREAD

3 cups flour
3 tsp. baking powder
1 tsp. salt
1 tbsp. sugar (optional)
2 tbsp. melted lard or oil
1 cup water or ½ cup milk & ½ cup water

Sift dry ingredients together. Add liquid to dry mixture. Add oil or melted lard. Work dough to a smooth texture. Do not use a lot of extra flour when working the dough. Roll out and cut in 3" squares. Slash each square in center and let stand 15 or 20 min. Fry dough in deep fat. Turn when it comes to the top. Fry until brown, drain and serve.

NAVAJO FRY BREAD

3 cups flour
1 tsp. salt
6 tsp. baking powder
1 cup warm water

Mix the ingredients to make a soft dough. The amount of water will vary each time the recipe is made; use enough to produce a soft dough, and no more. Knead the dough until it is smooth (about 20 minutes). Cover and let blend for 30 minutes.

Pinch off small balls of dough and work them out flat and about the size of a saucer by pulling gently at the edges. Fry in hot grease. After each piece is cooked, drain on absorbent paper and place in a warm covered dish until they are to be served.

NAVAJO FRY BREAD (cont'd)

Sprinkle hot fry bread with sugar and cinnamon, and you may never crave another doughnut. Spread it with butter and marmalade, and you may well loose your taste for toasted English muffins.

BANNOCK

From the Canadian border throughout the Arctic area, almost everybody makes bannocks. Although northern tribes had no flour and baking powder until the trader brought them, this oversized biscuit has today become a standard northern Native American food.

Mix together flour and baking powder allowing one teaspoon baking powder for each cup flour. Make a well in the middle of this dry mixture and add water, a little at a time. Mix, add more water, until you have a thick, but easily-workable mixture . . . about like drop biscuit dough. Form it into a large flat cake that will fill your frying pan. Melt a little lard in the frying pan and add the dough. Fry the dough until the top is

BANNOCK (cont'd.)

smooth and dullish. Lift a corner to see if the bottom has browned enough. Now prop the frying pan at an angle by the slowest part of your fire and cook until the top is golden-brown. If indoors, substitute a medium oven (375 degrees). Cut the bannock into wedges, and serve with melted butter, jam and strong, hot tea.

NAVAJO COFFEE CAN BREAD

4 c. unsifted white flour
1 pkg. active dry yeast
½ c. milk
¼ c. sugar
½ c. chopped nuts
2 eggs, slightly beaten
½ c. water
¼ c. butter or margarine
1 tsp. salt
½ tsp. chopped raisins
2 (1-lb.) coffee cans

Mix 2 c. flour with yeast, stir water, milk, butter, sugar and salt over low heat until the butter melts.

Cool for about 5 min.; add to remaining flour, nuts, fruit and eggs. Dough will be stiff. Knead on a floured board until smooth and elastic and raisins are well distributed.

Coat the inside of each coffee can with a small amount of oil. Divide the dough in half, place one half in each can; cover the cans with plastic tops.

NAVAJO COFFEE CAN BREAD (cont'd.)

Let rise in a warm place until the dough rises to within approximately 1" from the top. Remove plastice tops; bake for 35 min. or until the top sounds hollow when tapped, and a cake tester comes out clean.

(The homemaker didn't give a baking temperature, but 350 degrees should do very well by this recipe.)

SWEET POTATO CORN BREAD

1-1/3 - 1½ c. diced cooked sweet potato
1 c. corn meal
1 c. flour
1 tsp. baking powder
1½ tsp. salt
2 tbsp. honey
2 tbsp. melted butter or oil
1¼ c. milk
2 eggs, lightly beaten

Cook sweet potatoes or drain canned one; cut into ¼" cubes. Stir together dry ingredients in mixing bowl. Combine honey, butter, milk and eggs and mix into dry ingredients. Stir in the diced potatoes. Pour batter into well-greased pan and bake for 35 - 40 min.

PINE NUT CAKES

2 c. pine nuts
1 c. water
½ tsp. salt
3 tbsp. oil

Puree nuts in a blender. Mix water and salt to make a stiff batter. Allow to stand for an hour before cooking. Heat oil and drop batter into it in 3 in. diameter cakes. Cook slowly on each side until brown. Serve hot with butter or maple syrup or jelly.

This little cake was useful because it kept well enough to take on long journeys. The cakes would be made of either acorn or pine nut meal. One of the most tedious jobs of Native American women was grinding the meal. The nuts were placed on a rock and ground with a rock pestle until the meal was fine enough to mix easily.

FRIED OATMEAL

Put grease in frying pan and melt. Add 1 cup oatmeal and brown. Add water and let bubble up. Serve with bacon grease, salt and pepper.

FRIED OATMEAL

Let cooked oatmeal sit until firm. Cut in slices and fry in grease until brown. Serve with maple syrup.

FRIED CORN

4 cans Niblets corn (pimento, green pepper added)
½ lb. bacon cut into pieces
4 green onions--stems included
(cut last two items with scissors)

Brown bacon, remove from pan, saute onions and remove from pan, drain corn and cook in bacon drippings, adding salt and pepper to taste, until corn begins to brown, add onions and cook five minutes, add bacon--heat through.

The Native Americans used dried sweet corn that had been cooked until tender. Chopped venison or other cured game was used instead of bacon.

CHIPPEWA CORN SOUP

Burn enough white oak or other hardwood to make 3 qts. ashes. Boil ashes with 5 qts. water and let settle 1 - 2 hours. Strain through cloth. The yield should be about 4½ qts. lye water. Add 3 qts. squaw corn (flint variety) and boil until thick and gummy, about 20 minutes. Rinse three or four times to remove lye water and corn hulls. Return corn to heat with water to cover and par boil ½ hr. Remove any remaining hulls.

Separately boil 1½ lbs. boiling beef, pork hocks or ribs until meat is almost cooked. Add 1 qt. corn and season with salt and pepper. Simmer about two hours. Serves 6. Remaining corn can be frozen

DAKOTA CORN SOUP

How to dry sweet corn: Husk, dip in boiling water, cut corn off the cob and dry on screen. Shake and turn frequently until completely dry. The length of time needed to dry the corn will vary according to the weather, store in clean, dry jars with covers.

SOUP

2 c. dry corn 1 beef shank

1 large soup bone, cracked

Soak corn overnight. Drain corn and put in kettle with 2 qts. or more water. Add the bone and beef shank and simmer for 4 or 5 hrs. Strain the broth and add salt to taste. Cut meat off bones and add to soup. Serve piping hot. Chopped onion is optional.

FLINT CORN SOUP

This is the type of corn soup served by the Iroquois as an expression of thanksgiving to Our Creator. Flint corn is the multi-colored corn--yellow, blue, red and so on. The Iroquois do not use yellow corn in Indian foods.

CORN: Break up three quarts of flint corn. You can use a pound block or kitchen grinder set coarse. You want broken corn, not flour for this soup. Sift in a basket separating chunks from hulls and flour. Sift in a finer basket--or wire flour sifter--to separate hulls from any flour formed. Discard hulls, but save the flour.

MEAT: Cut up 1½ pounds of beef (or deer) into small pieces and boil. Add course corn to the meat. As this

FLINT CORN SOUP (cont'd.)

boils away, warm to hot water should be added to make it as soupy as your taste prefers. When the water boils, the corn will stick to the pot so you must stand by and stir frequently to prevent this. Salt to taste while cooking.

BEANS: Soak two measuring cups of beans in cold water. Use colored, spotted, Indian beans; otherwise red kidney beans. Leave this for 15 to 20 minutes. Start beans cooking in cold water. There should be just enough water to cover the beans. Stir to keep the beans from sticking to the pot. Replace evaporating water with hot water until the beans are cooked. Add to the cooking beef and corn when they have split in the center.

FLINT CORN SOUP (cont'd.)

After it has all cooked together add the corn flour to thicken the soup and cook for about 15 minutes. Serve as with corn soup.

PINE NUT SOUP

½ c. pine nuts
1 can (10½ oz.) beef consomme
1½ c. water
1 can garbanzo beans (1 lb. 4 oz.)
2 stalks yerba buena (or mint)

Bring consomme, water and nuts to a boil. Reduce heat, add beans, and simmer 15 min. Remove from heat and add washed yerba buena stalks. Allow to steep a few minutes. Remove yerba buena and serve.

Acorns or pine nuts were the main foods of the southwest people. In the winter months these tribes would live in the pinon forests gathering enough to last the whole year. The yerba buena (good herb) is a wild mint much favored by the Native American people. An aromatic tea can be made with the dried leaves.

WATER CRESS SOUP

2 lbs. of venison, buffalo shank, or beef — 8 c. water
2 bunches of water cress — salt & pepper

Brown meat in a little oil. Wash water cress and add to meat with water. Simmer 2 or 3 hrs. until meat is very tender. Season to taste.

Water cress is a wild green that grows plentiful beside many streams. The first Native Americans ate it either fresh or in a stew or soup such as this. A chunk of bear, venison, or buffalo with its' layer of fat, would be cooked with it in a pitch-lined basket until the rich broth resulted.

BERRY SOUP

How to dry wild berries: Pick and wash berries. Spread out to dry in an airy place on pieces of screen. Turn and shake occasionally. When completely dry, store in loose cloth sacks. These berries can be dried: june, currants, blueberries, sand berries, ground berries, buffalo berries, and raspberries.

3 lbs. meat (preferably game or jerky)
½ lb. prairie turnip or white turnip
½ lb. wild or green onions
½ lb. blueberries
3 qts. water

BERRY SOUP (cont'd.)

Cut the meat and vegetables into small pieces and simmer in the water until tender, about 2 hrs. Season to taste with salt and sage. Go easy on the salt here. If you are using canned berries, drain them well. Add the berries, and simmer 5 min. more.

Real plains berry soup shouldn't be salted at all. The idea is sweetened meat soup. Since most of us aren't used to this combination, it may taste flat at first. Please give it a try without salt, and then salt if you must.

CORN MEAL PUDDING

1 c. corn meal 4 c. water
maple syrup

Put three cups of water to boil. Mix the corn meal with the remaining cup of cold water and stir until smooth. As the other water boils, add the corn meal mixture, and stir until smooth and slightly thickened. Add maple syrup to taste, cover, and reduce heat to very low. Cook about 15 min. and serve.

BAKED CORN MEAL

Pour 4 c. milk, ½ c. of corn meal, and 1 tsp. salt into a saucepan and cook for about 15 min. Remove from the heat. Now add ¼ c. corn syrup, ½ c. sugar, ½ tsp. cinnamon and 2 tsp. butter. Stir all ingredients together and then pour into a greased baking dish. Bake at 300 degrees for 2 hrs. Serve warm or chilled for breakfast or dessert.

POPPED WILD RICE

Film the bottom of a saucepan or skillet with oil. Add a layer of wild rice. Over medium heat, swirl rice in oil until it pops. (It won't get the size of popcorn, but it will double in size.) Serve hot, drizzled with melted butter and salt.

CHIPPEWA WILD RICE

3 c. rich beef or chicken broth
1½ tsp. salt
1 c. wild rice
Optional additions: mushrooms or diced chicken
1 tsp. vinegar

For extra flavor, boil or fry salt pork and use the liquid or drippings as part of the 3 c. liquid. Combine broth, salt and vinegar. Wash rice several times in hot water, until the water is clear. Add rice to broth mixture. Bring to boil, lower heat and simmer for 45 min.

FRIED WILD RICE CASSEROLE

1 c. wild rice
4 strips bacon, diced
1 small onion, diced
1 tbsp. MSG (accent)
salt & pepper to taste
4 c. cold water
1 small can mushrooms, drained
1 c. light cream
1 cube chicken boullion (optional)

Wash rice in cold water and drain. Place in sauce pan and add water. Boil until tender, about one hour (rice will burst). Put rice in sieve and run cold water over rice until all starch is removed, and set aside to drain. Fry bacon bits until crisp. Add onion and mushrooms and fry until onion becomes transparent. Add rice, cream, MSG, boullion cube, salt and pepper and stir. Place in casserole dish and bake 30 min. at 450 degrees.

WILD RICE STUFFING
(For fowl or game)

½ c. wild rice
1 smal onion, diced
½ loaf white bread, diced
2 c. milk
salt & pepper to taste
2 strips bacon, diced
4 branches celery, diced
1 tbsp. poultry seasoning
2 tsp. MSG (Accent)

Wash rice in cold water and drain. Place in sauce pan and add four cups cold water. Boil until tender, about one hour (rice will burst). Place in sieve, run cold water to remove starch, and set aside to drain.

Fry bacon bits until crisp. Add onion and celery and fry until onion becomes transparent, and set aside.

WILD RICE STUFFING (cont'd.)

Mix together bread, poultry seasoning, milk, MSG, salt and pepper and add to bacon mixture. Add rice and mix throughly.

WILD RICE WITH BACON

Fry some bacon and chopped onions. Add 2 cans tomato sauce and 1 tbsp. butter. Mix together with clean, soaked rice. Add a little salt to taste. Bake for 1½ hrs. at 350 degrees covered. Rice should be covered with about 1" of liquid (tomato juice, broth or water).

JERKY

Through the years, jerky has received wide acclaim, but one versatile feature of jerky that is seldom considered is the way it can be transformed back into luscious chunks of meat. Here is an ideal way for campers and backpackers, who may be unable to take fresh meat into the outback (it's perishable and quite heavy), to still enjoy meat with their meals.

Making jerky simply entails the slow process of dehydrating the meat by removing all of the water via a warm, but not hot, heat source. The jerky is then eaten as is. However, if you chuck a handful of jerky sticks into stews and soups during the cooking process, the meat will absorb the water, swell up considerably and provide you with hearty chucks of tender meat.

BEEF JERKY

Take some beef, such as a lean shoulder or rump roast, and slice it 1/8 in. thick. Be sure that you slice with the grain of the meat. Arrange the slices on clean paper, cheesecloth, clean wire screening, or hang it to dry until stiff. You should turn it once or twice while drying. When the slices are very dry, you have plain jerky. The meat may then be stored indefinitely in a cool, dry place.

VENISON JERKY

Lean venison
seasoned salt & pepper
liquid smoke
granulated sugar

Cut the venison into long strips about 1" wide and ¼" thick. (If you make them too thin, they break up when stuffed into a backpack or pocket.) Now put a single layer of strips into a pan a few inches deep. Using a pastry brusch, brush each strip thoroughly with liquid smoke. Next sprinkle with the seasoned salt and pepper. Then sprinkle a coating of sugar over the entire layer. Put another layer of venison on top and keep repeating the process until you have used all the strips. This seasons both sides of the meat. Let the meat stay overnight in the refrigerator to insure tenderness. The next

VENISON JERKY (cont'd.)

day lay the strips across the oven racks and dry them in the oven at the lowest temperature setting until they are brittle (allow plenty of time). Some people will want to modify the quantities or ingredients to suit their own taste. Store in freezer or refrigerator until it runs out.

TOASTED JERKY

Arrange slices of plain jerky in a dry pan and toast in a slow oven (250 degrees) for about 20 minutes, or until the meat has turned a dark mahogany color. Or toast plain jerky on a wire rack over ow coals. When finished, the jerky should be very crisp and dry.

Toasted jerky is a delicious snack, salted lightly, and served with cold drinks or hot coffee. If you are planning to use toasted jerky in pemmican, do not salt it.

JERKY STEW

4 c. jerky, cut into small pieces
3 tbsp. oil
1 med. onion, sliced thin
2 cloves garlic, minced
3 tbsp. flour
salt & pepper
3 potatoes, sliced thin
3 fresh tomatoes

Parboil jerky, set aside to cool. Melt fat in heavy kettle, saute onion and garlic until tender. Stir in flour, then add tomatoes, meat, potatoes; cover and simmer 30 - 40 min. Do not add salt until it is done, as salt cooks out of jerky.

The Native Americans used venison or buffalo jerky. In place of potatoes a variety of bulbs; brodiaea, tiger lily, camas, taboose were used. Wild onions and garlic were available, but tomatoes only appeared with the coming of Spanish missionaries who brought them from Mexico.

PEMMICAN

4 c. toasted jerky
several tbsp. hot grease or shortening
½ c. berries (chokecherries, service berries or blueberries)

Grind the berries until smooth, and strain through a medium sieve. Choke-cherries are preferred, and should be ground (pits and all) to smooth paste. If you must use canned berries, drain them well before crushing. Next, grind or pound the toasted jerky until it resembles corn meal. If it was toasted enough, this will be easy. Mix meat and berries well, and add sugar to taste. Add just enough melted grease to bind the mixture together. Shape the pemmican into small cakes, about two inches across and rather thin. Serve when cool.

PEMMICAN Cont'd.

Pemmican will keep a long time if you wrap it in wax paper or a plastic bag and store it in the refrigerator. It is almost pure protein, and makes the world's best hiking ration. Do not fry or re-heat pemmican cakes, but you might toss one or two into a pot of broth for a rich, nourishing soup.

ZUNI MUTTON STEW

5 lbs. mutton, including bone
1 gal. water
1 large can whole kernel corn, drained--or dried sweet corn
½ lb. chick peas
Seasoning: oregano, sage, salt, and chile powder

Put the mutton, chopped coarsely, to simmer in the water for about one hour. Remove the meat, and cut it into small pieces. Return the meat to the kettle, add the vegetables, oregano, and sage, and simmer another hour, or until everything is tender. Season to taste with salt, and add as much chile powder as you can take.

PLAIN BUFFALO STEW

2 lbs. buffalo meat
1 onion, finely chopped
6 carrots, peeled & sliced
3 med. potatoes, peeled & sliced
1 or 2 cans tomato sauce, 6 oz.
1 pkg. frozen mixed vegetables
salt & pepper to taste

Brown meat in small amount of oil, then add onion and cook until golden. Add tomato sauce, carrots and seasonings and cover. Cook 1 hr. Add potatoes and ½ c. water, if needed. Cover and cook ½ hr. Add vegetables and cook ½ hr. Heat must be very low all the time. No bay leaf. For fancy stew, top with biscuits and stick in oven until biscuits are toasty brown. Serves 6, plain or fancy.

BUFFALO STEAK WITH WILD RICE DRESSING

1 c. uncooked wild rice
2 c. water
1 tsp. salt
1 lb. ground buffalo, crumbled
½ c. finely chopped onion
½ lb. mushrooms, sliced
2 tbsp. salad oil.
3 c. cubed french bread (crusts removed)
1 c. hot beef broth
¼ tsp. sage
dash pepper
6 buffalo T-bone, rib or chuck steaks
salt

Wash rice, cover with water, and add ½ tsp. of the salt; bring to a boil, cover, lower heat, and cook for about 30 min. or until tender. Drain well. Meanwhile brown ground buffalo, onion, and mushrooms in oil; stirring frequently. Place bread in bowl, cover with broth, and let stand until soft. Stir in rice, meat

BUFFALO STEAK WITH WILD RICE DRESSING (cont'd.)

mixture, remaining ½ tsp. salt, sage, and pepper. Place in a greased 2 qt. casserole, cover, and bake in a moderate oven (350 degrees) for 1 hr. About 15 min. before serving, quickly broil or barbecue steaks to stage desired. Salt on both sides. Place on a hot platter, top if you wish with slices of herb butter; serve with dressing. Makes 6 servings.

VENISON MEAT LOAF

1½ lb. ground venison
½ lb. ground pork sausage
3 eggs
1 c. soft breadcrumbs
1 c. milk
½ c. minced onion
1 tsp. salt
½ tsp. pepper
½ tsp. garlic powder
1 tsp. sage

Mix venison and pork sausage with all other ingredients. Shape the mixture into a loaf and place it in a baking dish or pan. Bake at 350 degrees for at least an hour or until done. Serve as is, or covered with canned mushroom soup, added during the last 5 min. of baking.

SMOKED VENISON

Smoker
5-10 lbs. venison meat
salt & pepper
maple or brown sugar
molasses
vinegar
cheesecloth
Woodchips (hickory, hard maple, apple, cherry)

Cut meat into strips six to eight in. long and no more than ½" thick and 1 - 2" wide.

Soak meat in a saltwater and vinegar-brine solution overnight in a deep bowl or crock.

Mix 1 c. salt and ½ c. of brown sugar in a flat pan. A cake pan or cookie sheet works well. Dredge meat in salt and sugar and rub well into meat. Next, rub half a tsp. of molasses on each meat strip, and then roll entire quantity of prepared meat in cheesecloth or

SMOKED VENISON (cont't.)

similar-type cloth. Place in a cool place for four to five hrs.

Rinse excess salt off from meat with cold water after previous time allowance. If the salt is not rinsed off, the meat will be too salty to eat. After the salt is rinsed off, dry each piece of meat on paper towels. Next, sprinkle black pepper sparingly on the strips. Your meat is now ready to smoke. (Rubbing in a small amount of molasses and brown sugar into meat again will give it a sweeter taste after smoking.)

Place meat on racks in smoker and smoke meat from 5 - 8 hrs., depending on taste. Check woodchips every hour to keep meat munder a constant smoke. (Note: If it is found that meat is still too salty after smoking,

SMOKED VENISON (cont'd.)

then the meat wasn't rinsed well enough in cold water. Simply take remaining unsmoked meat and soak in cold water for about an hour. This should do the trick.)

VENISON SAUSAGE

3 lbs. venison, cut in 1" cubes
1 lb. beef suet or chunk bacon with rind off, cut in 1½" cubes
¼ level tbsp. Morton's Meat, Poultry and Sausage Seasoning
¼ c. cold water (optional)

(1 hand operated meat grinder)

Grind the venison through the coarse cutter plate, then spread it out on a clean table. Sprinkle the Morton's Seasoning over it evenly. Next, grind the suet or bacon through the coarse plate, then the medium plate, then the medium-fine plate. The fat in sausage should be ground into smaller pieces than the red meat. Spread the ground fat over the meat and seasong mixture,

VENISON SAUSAGE (cont'd.)

then mix everything together for a minute. Next, put the whole mixture through the medium plate. Let it sit for an hour in a cool place, then make up a small patty and fry it for taste. If anything is lacking in taste, add it and mix well with the sausage. Then make up regular patties and refrigerate them for a day or two so the seasonings can permeate the meat. If you like your sausage fairly soft, mix in ¼ c. or so of cold water right after the last pass through the grinder. Freeze any sausage that you won't be eating within a day or two after it's ready.

RABBIT HASH

1 large rabbit
½ gal. water
salt, pepper, garlic powder
1 onion, diced
2 c. cubed potato
1 c. dry cubed bread

Boil rabbit until meat falls off the bones. Remove bones. Place meat in a skillet. Season with salt, pepper and garlic powder. Add the onion and potato and enough broth to simmer until the potato and onion are tender. Add the bread cubes just before serving to absorb excess broth. Serves 4. Sage may be added instead of the garlic powder as seasoning.

MUSKRAT

Remove all the fat from one muskrat and cut it into pieces. Dredge these pieces in four and brown them in butter in a heavy skillet. When evenly browned, add 1 c. water, 1 chopped onion and ¼ tsp. pepper. Cover and simmer for about 45 min., replacing water as needed. Add fresh mushrooms (as many as you like), cut lengthwise and continue cooking until the mushrooms are tender.

Muskrat prepared this way is great served with buttered noodles or wild ricecovered with mushrooms and gravy.

LARDED GROUSE OR PARTRIDGE

On each bird lay thin slices of bacon to cover the bird completely. Wrap with string to keep the bacon in place. Put in roasting pan and pour in enough water to cover the bottom. Bake at 400 degrees for 20 min. to 25 min. Remove bacon, brush birds with melted butter. Sprinkle with flour and bake again until the birds turn a rich brown. Thicken the liquid in the pan, add ½ c. of Port or Sherry wine, heat and season. Arrange the birds on a platter and garnish with rings of green pepper and strips of bacon used to cover the birds while roasting.

QUAIL

8 whole quail
1 small onion, chopped
1 c. flour
½ c. veg. oil

Salt & pepper meat, flour, and place in frying pan. Cook over low flame for 15 min., turning quail frequently to maintain even browning. Remove birds and place on paper towel to drain. Pour off excess oil from drippings, leaving just enough oil to make gravy. After paste begins to brown, add water for desired thickness. Place quail in gravy and top with onion slices. Cover and cook on a low heat for 1 hr. It may become necessary to add additional water to keep gravy from becoming too thick. For richer gravy, use milk or cream. Serves 4.

BROILED DUCK WITH MUSHROOM SAUCE

6 boned breasts of duck
½ stick margarine
¼ c. flour
1 sm. can mushrooms
¼ c. cooking sherry
1 c. milk

A duck fillet is simply the breast removed from the bone. Salt and pepper, brush with margarine, and broil 10 min. for each side. While fillets are cooking, place margarine into a 1 qt. saucepan and melt slowly. Next, add flour until the paste becomes almond in color. Stir while flour is cooking. Drain liquid from mushrooms. Add milk mushroom liquid, and when sauce has blended, add mushrooms. When fillets have cooked, cover with sance and serve. Strips of pimant or red peppers can be used for color. Mallards, black ducks, and wood ducks are preferred. Serves 6.

BAKED PHEASANT

1 c. chopped celery
1 med. chopped onion
4 strips of bacon

Salt and pepper pheasant. Place bacon strips across bird and insert toothpicks to keep bacon in place. Next, take half of the celery and onions and place inside body cavity. Bring water level to ½" in baking pan and add remainder of celery and onions. Place in 300 degree preheated oven and cook for 2 hrs, basting every 30 min. Serves 4.

PANFISH RECIPE

8 med.-sized panfish
1 lb. fresh apples
maple sugar

Chop the apples and pound into a mush. Season to taste with cinnamon. Clean and scale the fish. Roll the fish in aluminum foil and bake them over hot coals. When the fish are nearly done, remove them from the fire and remove the foil. Place the fish in a med. sized saucepan and mix in the apple mush. Let this mixture simmer for 30 min. Make sure the apple mush does not boil. This recipe serves 4 and is a tasty dish.

BONELESS FRIED TROUT

Take a trout, it doesn't matter what kind, but it is easier if it is between ½ - 1 lb. in weight. Clean it as completely as possible. However, leave the head and tail on, and do not skin or scale it. After that, salt and pepper the trout inside and out. Then roll it in flour. It is best to fry the fish in vegetable shortening. Put enough shortening into a frying pan so that it will be deep enough when it is melted to cover about 2/3 of the fish as it lies on its side. Next, get the shortening extremely hot so that the fish will cook quickly (that's the secret to this recipe). Fry the trout for no more than 5 min. on each side. If it is fried too long or if the head and tail are removed, the bones will not come away in one piece. When this is done, remove the trout

BONELESS FRIED TROUT (cont'd.)

from the frying pan and drain off the melted shortening. Slit the fish down the back, cutting around the dorsal fin on each side. Make the cut deep enough to reach the backbone. Take hold of the head and tail and lift. The spine and all other bones come away in one piece, leaving behind only the meaty flanks of the trout.

FRUIT LEATHER

Looking for a tasty, portable addition to those sometimes hard-to-vary outing menues? Why not try the tangy, sun-dried sweet known as fruit leather, the treat inspired by our inventive Native Americans.

True veterans of the trail, the early Native Americans were skilled in preparing nutritious, lightweight foods for on-the-move consumption. Today's backpacker borrows from this knowledge when he tucks some jerky, pemmican or pinole into his pack. Not as well-known is the "plant leather" certain western tribes created from the Rocky Mountain bee plant. Large quantities of this plant were cooked to a sou-like consistency. Any remaining stems were then removed and the boiling down was continued until the mixture resembled a thick

FRUIT LEATHER (cont'd.)

black paste. This paste was sun-dried in thin sheets and stored for future camp or trail use.

Modern outdoorsmen can successfullly adapt this technique to transforxxxxx ripe fruit into a featherweight, high-energy snack--fruit leather. Place 4 or 5 c. of ripe fruit in a saucepan, sweeten to taste, turn the heat to low and simmer until the fruit blend has the texture of thick oatmeal. Constant stirring and mashing will hasten the thickening process and prevent scorching.

Spread the fruit sauce thinkly (¼") on cookie sheets and set in the sun to dry. On a hot, sunny day (above 80 degrees) this may take eight to ten hrs. If the weather is cool and damp, a 120 - 150 degrees oven with its door slightly ajar will dry your fruit leather.

DRIED APPLES

Apples are gathered from trees growing both by the home and in the bush. They are peeled and cut into slices. A thread is run through the slices. The string is then hung above the stove or outside to dry. They are then stored in bags and cans until used--when they are soaked in water and then made into pies, etc. At one time a method was used to store apples whole. A hole was dug in the ground at the base of the tree and in the embrace of its roots. Grass was strewn about and then the apples were put in the hole; more grass and then earth. Potatoes were similarly stored. Tuck a handful or more into your pocket or backpack. There's no worry bout spoilage, and what a delicious, energy-filled snack they provide long about midmoring.

DRY PUMPKIN

Slice a pumpkin into rings, string on a pole and dry above the stove. When used the rings are cut into small chunks and boiled in a pot of water. Eat with gravy--Iroquois gravy is pan drippings--or butter. In the old days gravy consisted of bear grease; sunflower oil was used somewhat like butter.

THISTLE SALAD

If you have a vacant lot or field naarby, it probably has thistles growing on it. This plant is an excellent substitute for celery. You can eat thistle with salt like celary, put it in a salad or make a rarinade sauce which brings out its wild flavor.

The thistle plant is easily recognized afield by its blossoms. They resemble a huge red dandelion. To prepare the plant for the table, locate the stalks which extend out of the "nest" of leaves. The best - tasting stalks are one to 1½ ft. tall, with a diameter of 1½" at the bottom and tapering to about ½" at the top. With a long knife, machete or bayonet, lop the blooms from the top of the stalk, then, working down, strip the princkles and leves off the sides. If you are careful,

THISTLE SALAD (cont'd.)

you can remove all the prickles from the stalk without removing too much of the skin. Now cut the stalk from the plant close to the ground.

The stalk is covered with a purple, stringy skin. Remove this with a penknife until a light-green color shows Split the stalk lengthwise and wash. The stalk now resembles celery except the thistle isn't quite as crisp nor anywhere near as stringy.

To marinate the thistle, cut the stalk into rings ½" long, place them in a bowl and cover with a mixture of 2 parts vinegar to 1 part water, add a tsp. of pepper and 1 tsp. salt, chill in the refrigerator for several hrs. and serve.

THISTLE SALAD (cont'd.)

With food prices on the rise, don't think of that thistle plant next door as an eyesore, rather consider it a free and tasty addition to tonight's salad.

WILD TEAS

1. Bee Balms--also known as oswego tea. This is a pleasant tea that is brewed by pouring boiling water over the leaves.
2. Black Birch--A tasty tea that is brewed from the bark and twigs.
3. Clover--For the delicious clover tea, take the fully dried flowers and rub into small particles. Use one tsp. for each cup of boiling water.
4. Goldenrod--Both the dried leaves and blossoms of this plant make a good tea. To make, take one Tbsp. of either, and add to 1 c. boiling water.

WILD TEAS (cont'd.)

5. Juniper--Juniper tea can be made by boiling young berryless springs in water. Strain.
6. Thin Leaf Plantain--Use ½ handful of the crushed leaves to 1 c. boiling water. Allow to steep for for ½ hr.
7. Pine--This delicious tea is made by adding two handfuls of the young needles into boiling water and allowing to steep.
8. Raspberries--A tasty tea can be brewed either from the young twigs or from the leaves.
9. Wild Rose--A delicious tea is brewed from rose hips.
10. Sassafras--This favorite of the old-timers is brewed from the roots.
11. Strawberry--This tea is made by adding two handfuls of the leaves to two qts. of boiling water and allowing to steep.

KOOL AID--Maple Drink

½ c. maple sugar
6 c. water

Place ingredients in large pan and simmer, stirring occasionally, for 15 min. Chill and serve over ice. May also be served hot. Serves 6-8.

SEMINOLE SOUR BREAD

Mix 1 tsp. baking soda, 2 c. white cornmeal, 1 tsp. sugar, 2 c. lake warm water. Let stand 2 or 3 days. Stir thoroughly and add 1 c. of flour. Stir again to make a dough. Pour into well-greased pans, and cook at 350 degrees until well browned.

SHAWNEE BLUE BREAD

Three cups hominy grits, ½ tsp. burned black-eyed pea hulls for coloring. Add boiling water to hominy grits. Pat it out as you would biscuits and drop in boiling water in stewer until cooked.

SAHWNEE-SEMINOLE FRESH CORNBREAD

Use 12 or as much as you wish, fully-ripened roasting ears and gritted. Cook in greased skillet until done, take and crumble into pieces and dry in sun. To prepare, season with vegetable shortening and sweeten to taste.

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